

Lean into        friends       .

A friend **loves** at **all** times, and a brother is born for **adversity**.  
*Proverbs 17:17*

*“Friendship is grounded in a feeling that you know exactly who will be there for you when you need something, no matter what or when.”*  
— Simon Sinek

Lack of true friendship leaves us        **vulnerable**        when things go wrong.

*“The men and women who remained homeless for decades had something in common: a lack of healthy friendships. They were more ‘friendshipless’ than anything else.”* — Tom Wrath

*“Lonely people suffer psychologically and physically. The absence of high quality friendships is bad for health, spirits, productivity and longevity.”* — Tom Wrath

“It is **not good** that the man should be **alone**; I will make him a helper fit for him.” *Genesis 2:18*

## 1.        Practical        support

Two people are better off than one, for they can help each other succeed. If one person **falls**, the other can reach out and **help**. But someone who falls **alone** is in real **trouble**. *Ecclesiastes 4:9-10*

## 2.        Emotional        support

*“Our friends essentially serve as a buffer during life challenges...when a tragic event occurs, a close friend becomes our comfort and refuge.”*  
— Tom Wrath

Likewise, two people lying close together can keep each other **warm**. But how can one be warm **alone**? *Ecclesiastes 4:11*

## 3.        Spiritual        support

*1 Samuel 23:16-17*

God has wired us up to        **need**        one another.

*Hebrews 10:25*

Who are your friends?

The **generous** will prosper; those who refresh others will themselves be refreshed. *Proverbs 11:25*

*“If you wait until you need a friend, you won’t have a friend when you need one.”* — Andy Stanley

## Group Prep

In preparation for small group, please answer the following discussion questions.

### Introduction

In today’s social media craze, where people may have hundreds, or even thousands, of followers and “friends,” 72% of Americans admit they are regularly experiencing loneliness. Why is this true? Why do people long for something different than they are currently experiencing? The answer: God has wired us to need each other. One pastor said it this way, “We are the biggest threat to ourselves and others when we live our lives in isolation.” Friendships are vital to the person who wants to live an unshakable life.

### Discussion Questions

1. Who do you most depend on and why? Friendship is an interpersonal bond that goes beyond association. What is true friendship? What qualities must exist in a true friendship? Why are these so important for you?

2. Read James 1:2. Troubles will come our way, and when they do, isolation leaves us vulnerable. Why is it so hard to create and maintain deep friendships? Read Ecclesiastes 4:9-12. What are the dangers of living alone and isolated from others?

3. Great friendships are vital to the unshakable life. Describe the difference between practical, emotional and spiritual support. Share a time when a friend provided one (or all) of these types of support when you needed it most. How did his or her support help you make it through?

As a group, in which area of support could we most grow? How could we more intentionally support each other in this area?

Which of these types of support do you find easiest to give and in which area do you need to grow? Read Proverbs 11:25. How are you actively cultivating friendships? What needs to change for you to make more time for relationships?

4. What practical step will you take this week to be a true friend and relationship builder?

My action step is \_\_\_\_\_.

I will encourage and pray for \_\_\_\_\_ to follow through, and their action step is \_\_\_\_\_.

My memory verse is \_\_\_\_\_.

This coming week, I’m praying for \_\_\_\_\_.

### Outreach: Groups in Action

Donate diapers or gently used children’s items to the Love One ministry. These items will help support families who foster children in need. Drop them off at the Information Desk during one of Emmanuel’s weekend services.

If you like to walk/run and desire to help out our local nonprofit partner, The Refuge, register for the Rock The Block Run as a group, family, or individual on April 21. Go to [rocktheblockrun.org](http://rocktheblockrun.org) and select The Refuge. There is a discount for an entire group!